



# RECREATION NEWS

FALL 2019 | WINTER 2020

PARKS & RECREATION SENIOR SERVICES YOUTH BUREAU

**NEW**  
*Guitar  
Instruction  
&  
Songwriting*  
See page 10



## TOUCH - A - TRUCK

### FIRE DEPARTMENT OPEN HOUSE

**Date:** Saturday, September 21

**Time:** 11:00 a.m. - 2:00 p.m.

**Place:** Hampton Bays Fire House, Montauk Hwy

Children will have a hands on opportunity to see, touch and explore heavy machinery and meet the people who build, protect and serve our community. Explore trucks from the Hampton Bays Fire, Police, Ambulance & Parks Departments.





# PARKS & RECREATION

## FALL 2019 | WINTER 2020

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### GOOD GROUND PARK - HOLIDAY TREE LIGHTING

Enjoy this holiday season with our  
Holiday Tree Lighting at Good Ground Park.

**FREE EVENT - OPEN TO THE PUBLIC**  
**9a Squiretown Rd, Hampton Bays**

**\*Time and date to be announced\***

Visit our website for event updates  
**[www.southamptontownny.gov/PARKREC](http://www.southamptontownny.gov/PARKREC)**

## REGISTRATION INSTRUCTIONS

**Registration for all Parks & Recreation programs is currently open and on-going**, by mail, in-person, online or by phone with *ALL* major credit cards at the Parks & Recreation Office located at:

6 Newtown Road, Hampton Bays, NY 11946

Phone (631) 728-8585 Fax (631) 728-8525

Online Registration: **[www.southamptonrecreation.net](http://www.southamptonrecreation.net)**

### TO REGISTER:

If you received this program in the mail you already have an account in our computer system and you may register by phone or fax with a credit card or use the registration form on the next page to mail-in your program registrations and payment.

If you do not have an account with us, you must open one to be able to register for Parks & Recreation programs. To open an account, you must submit proof of age for children, along with your program registration form. Proof of residency is required for resident accounts and rates. This is a one time registration process. Please call (631) 728-8585 if you need to verify if you have an account with us.

### PROOF OF RESIDENCY:

To open a resident account in our registration system, residents or taxpayers must present one of the following: current driver's license with Southampton Town address, current Southampton Town tax bill, recorded deed showing purchase of property within the year, or utility bills (electric, phone, water or cable) with a Southampton Town address dated at least 12 months prior to application date.

**Leases are not accepted as proof of residency.**

Pre-registration with payment is required for all recreation programs, except where noted in program descriptions. Program fees cannot be pro-rated. A program refund will be granted only if the request is made more than five (5) business days prior to the start of a program, or if we cancel a program due to insufficient enrollment or other reason. If payment is made with a credit card, your card will be refunded automatically. If payment with cash or check you must request a refund in person. A \$25 service fee will be charged for all checks returned by the bank.

*Bus trip tickets are non-refundable unless there is a trip waiting list and the reservations can be used. To take advantage of the resident rate, for each ticket purchased proof of residency must now be shown.*

**All persons participating in Town of Southampton sponsored recreation programs participate at their own risk. Participants are advised to consult with their physician prior to enrollment and participation in activities which may be strenuous.**



# PARKS & RECREATION

## REGISTRATION FORM

Please make copies of registration form if additional space is needed

**IF YOU DID NOT RECEIVE THIS BROCHURE IN THE MAIL,  
PLEASE READ PAGE 3 CAREFULLY.**

- **Make checks payable to the "Town of Southampton"**
- **Please submit separate checks for each program**  
This allows us to return checks for programs which have filled, without holding up registrations for other programs
- **Mail To: Southampton Town - Parks & Recreation Dept.**  
6 Newtown Road, Hampton Bays, NY 11946  
**Phone: (631) 728-8585**

Name: \_\_\_\_\_

Email: \_\_\_\_\_

### MAILING ADDRESS (IN TOWN OF SOUTHAMPTON):

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

### MAILING ADDRESS (OTHER RESIDENCE, IF APPLICABLE):

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home #: \_\_\_\_\_ Work #: \_\_\_\_\_ Cell #: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Emergency #: \_\_\_\_\_

Registrant Name	Program Name	Program # (if applicable)	Program Fee
		1st Choice: 2nd Choice:	
		1st Choice: 2nd Choice:	
		1st Choice: 2nd Choice:	
		1st Choice: 2nd Choice:	



**HOLIDAY BUS TRIP TO NYC**

**Date:** Saturday, December 7

**Time & Place:** 8:30 a.m. - Bus departs from Red Creek Park,  
102 Old Riverhead Road, Hampton Bays  
7:00 p.m. - Bus promptly departs from our Manhattan  
bus stop, 53rd Street between 5th and 6th Avenue

**Fee:** Residents \$30 Non-Residents \$40

We will make three drop offs in the morning, traffic permitting, Macy's, TKTS Booth and the Museum of Natural History. Spend the day in New York City, take in a Broadway show, visit a museum, go shopping or see the holiday displays throughout the city. **This trip fills up quickly. Sign up early!**





cornell cooperative extension

# MARINE PROGRAM

## ARTSEA AFTER SCHOOL PROGRAM

**Instructor:** Cornell Cooperative Extension Marine Program Educators

**Time:** 4:00 p.m. - 6:00 p.m.

**Program 1:** Mondays, 9/16, 9/23, 9/30, 10/7, 10/14 & 10/21

**Ages:** 6 – 8 Years Old

**Program 2:** Tuesdays, 9/17, 9/24, 10/1, 10/8, 10/15 & 10/22

**Ages:** 9 - 11 Years Old

**Program 3:** Wednesdays, 9/18, 9/25, 10/2, 10/9, 10/16 & 10/23

**Ages:** 12 - 14 Years Old

Students will be led on explorations by CCE Marine Program staff to learn about the habitats and the marine life in our local environment. With the knowledge and inspiration gathered during our field experiences and talks students will then have the opportunity to create their own piece of art work with the guidance of local artist Carolyn Munaco. **Dress for a mess !**

**Place:** Tiana Bayside Education Center, 89 Dune Rd, Hampton Bays

**Fee:** Residents \$250 Non-Residents \$260 (all materials included)

## FUTURE MARINE SCIENTISTS CLUB

**Instructor:** Cornell Cooperative Extension Marine Program Educators

**Date:** Wednesdays, 9/18, 9/25, 10/2, 10/9, 10/16 & 10/23

**Time:** 3:30 p.m. - 5:00 p.m.

**Ages:** 12 – 17 Years Old

With Tiana Bay and the Atlantic Ocean as a classroom, students dive deep into the biological, ecological, physical, chemical and geological processes that govern our oceans and planet Earth. Specific topics include the marine biology of local organisms, food web dynamics, water chemistry and water quality testing, oceanographic sampling techniques, waves and tides, exploration of local marine habitats and scientific experiments. Throughout the program students will gain an appreciation for the significance of local marine culture and the ways in which humans rely on and impact our waters. Students will receive a certificate of completion that may be helpful in obtaining future internships and marine science opportunities.

**Place:** Tiana Bayside Education Center, 89 Dune Rd, Hampton Bays

**Fee:** Residents \$150 Non-Residents \$160 (all materials included)



cornell cooperative extension

# MARINE PROGRAM

## ART & SCIENCE WORKSHOPS

Instructor: Cornell Cooperative Extension Marine Program Educators

### COASTAL & MARINE HABITAT

**Date: Monday, September 30, 2019**

**Program 1:** 9:00 a.m. - 12:00 p.m. 6 - 9 Years Old

**Program 2:** 2:00 p.m. - 5:00 p.m. 10 - 14 Years Old

### SEAHORSES

**Date: Tuesday, October 1, 2019**

**Program 1:** 9:00 a.m. - 12:00 p.m. 6 - 9 Years Old

**Program 2:** 2:00 p.m. - 5:00 p.m. 10 - 14 Years Old

### FINFISH

**Date: Wednesday, October 9, 2019**

**Program 1:** 9:00 a.m. - 12:00 p.m. 6 - 9 Years Old

**Program 2:** 2:00 p.m. - 5:00 p.m. 10 - 14 Years Old

### SHARKS

**Date: Monday, October 14, 2019**

**Program 1:** 9:00 a.m. - 12:00 p.m. 6 - 9 Years Old

**Program 2:** 2:00 p.m. - 5:00 p.m. 10 - 14 Years Old

Participants will learn about the day's topic through outdoor and classroom exploration. Armed with the inspiration from what was discovered and studied, students will then create their own art project. **Dress for a mess !**

**Place:** Tiana Bayside Education Center, 89 Dune Rd, Hampton Bays

**Fee:** Residents \$30 Non-Residents \$40



## PARKS & RECREATION PROGRAMS

(631) 728-8585 WWW.SOUTHAMPTONTOWNNY.GOV/PARKSREC

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### PROTECTING NY SEA TURTLES - HOW CAN YOU HELP?

**Date:** Saturday, September 21, 2019  
**Time:** 10:00 a.m. presentation, followed by 11:00 a.m. walk  
**Location:** Lodge at Squiretown, 62 Red Creek Rd., Hampton Bays  
**Fee:** **FREE** Open to all ages

Atlantic Marine Conservation Society biologists presents an interactive educational experience, discussing conservation methods for sea turtles that frequent NY waters. Participants will learn about these threatened and endangered marine animals inhabiting our local waters, the threats they face during their time in New York, and to do to help them. After the presentation, biologists will walk the beach at West Landing Road to teach community members how to search for cold-stunned (hypothermic) turtles, and what to do if they find one. Please wear comfortable shoes and attire. For more information please visit [www.amseas.org](http://www.amseas.org) or call (631) 317-0030.



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### PRE - K INTRO TO DANCE AND MOVEMENT

**Instructor:** A & G Dance Company  
**Age:** 3 - 5 years old  
**Place:** Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays  
**Time:** 3:45 p.m. - 4:30 p.m.  
**Fee:** Residents \$65 Non-Residents \$75

**Program 1:** Thursdays, September 12 - October 24

**Program 2:** Thursdays, November 7 - January 16

(No Class 11/28, 12/5, 12/26 & 1/2)

**Program 3:** Thursdays, January 30 - March 19 (No Class 2/20)

Have fun in this Hip Hop/Creative Movement class for your 3-5 year old! All of our classes are fun and relaxed and developmentally appropriate in accordance with NYS Early Childhood Guidelines. **Comfortable clothing & sneakers please.**

**Dance with A&G Dance Company. We use original methods that we have developed over the past 15 years to provide the community with a unique approach to a quality dance education.**



## **PARKS & RECREATION PROGRAMS**

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### **DANCE EDUCATION**

**Instructor:** A & G Dance Company

**Place:** Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

**Fee per program:** Residents \$65 Non-Residents \$75

**Dance with A&G Dance Company. We use original methods that we have developed over the past 15 years to provide the community with a unique approach to a quality dance education**

**Program 1:** Thursdays, September 12 - October 24

**Program 2:** Thursdays, November 7 - January 16  
(No Class 11/28, 12/5 12/26 & 1/2)

**Program 3:** Thursdays, January 30 - March 19 (No Class 2/20)

### **DANCE LEVEL 1 - AGES 5 - 9**

#### **CONTEMPORARY DANCE**

**Time:** 4:30 p.m. - 5:15 p.m.

Learn ballet technique and have fun in this creative movement class.

Dance attire. Ballet shoes. Hair back

#### **HIP HOP**

**Time:** 6:00 p.m. - 6:45 p.m.

Learn concepts in isolations, rhythm, freestyle and choreography all to the original repertoire of A&G Dance Company. Comfy clothes and sneakers

### **DANCE LEVEL 2 - AGES 10 - TEEN**

#### **CONTEMPORARY DANCE**

**Time:** 5:15 p.m. - 6:00 p.m.

Learn ballet technique infused with concepts in Jazz and Modern Dance.

Dance attire. Ballet shoes. Hair back

#### **HIP HOP**

**Time:** 6:45 p.m. - 7:30 p.m.

Learn more advanced concepts in isolations, rhythm, freestyle and choreography all to the original repertoire of A&G Dance Company. Comfy clothes and sneakers

**Wear comfortable clothes or dance attire, ballet, jazz lyrical shoes or bare feet, no jeans, hair back, Hip hop wear sneakers, Tap must bring tap shoes.**

## **GUITAR INSTRUCTION - NEW !**

**Instructor:** John Tocco

**Place:** Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

**Fee per program:** Residents \$100 Non-Residents \$115

If you always wanted to play guitar but haven't gotten the opportunity to learn, this class could be perfect for you! In a fun group environment, this class will be focusing on basic chords and scales, strumming patterns and other integral basics needed for advancement as a musician. **A guitar is needed for this class.**

### **BEGINNER - YOUTH**

**Time:** 10:00 a.m. - 11:00 a.m.

**Ages:** 12 - 17 years old

**Program 1:** Saturdays, October 5 - November 2, 2019

**Program 3:** Saturdays, November 23 - December 21, 2019

### **BEGINNER - ADULT**

**Time:** 12:00 p.m. - 1:00 p.m.

**Ages:** 18 - Adult

**Program 2:** Saturdays, October 5 - November 2, 2019

**Program 4:** Saturdays, November 23 - December 21, 2019

## **SONGWRITING - NEW ! ALL MUSICIANS WELCOME!**

**Instructor:** John Tocco

**Place:** Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

**Fee per program:** Residents \$100 Non-Residents \$115

**Time:** 11:00 a.m. - 12:00 p.m.

**Ages:** 15 - Adult

**Program 1:** Saturdays, October 5 - November 2, 2019

**Program 2:** Saturdays, November 23 - December 21, 2019

This class will be somewhat different from the guitar classes, as it is specifically geared towards musicians interested in writing their own songs! Classes will focus on writing lyrics, rhyme schemes, song forms and composing chord progressions and melodies. We will be writing and working on original songs while also looking at songs written by famous songwriters such as The Beatles, Paul Simon, Joni Mitchell, Carole King, Bob Dylan, Elton John, Billy Joel and more! **Guitarists, vocalists and pianists are strongly encouraged to attend!**

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**John Tocco is a composer, guitarist, vocalist and songwriter from Long Island. John is a graduate of SUNY Fredonia and has earned a B.M. in Music Composition and B.A. in Jazz studies**

## PARKS & RECREATION PROGRAMS

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### “MAKIN’ MOVIES” - ACTING CLASSES

**Instructor:** Frank Cento

**Place:** East Quogue Marina Building, Bay Avenue, East Quogue

**Program 1:** Saturdays, October 12 - November 16, 2019

**Program 2:** Saturdays, February 29 - April 4, 2020

**Time:** 10:00 a.m. - 11:30 a.m.

**Ages:** 7 - 9 years old

**Fee:** Residents \$90 Non-Residents \$95 **Materials Fee:** \$15 payable to instructor

Want to make a movie? Come join the Loose Cannon Group. This class builds inner confidence and ensemble collaboration while learning acting, directing and special effects. No experience necessary. Everyone receives a DVD of the finished movie - including bloopers!.

**Program 3:** Saturdays, October 12 - November 16, 2019

**Program 4:** Saturdays, February 29 - April 4, 2020

**Time:** 12:00 p.m. - 2:00 p.m.

**Ages:** 10 - 16 years old

**Fee:** Residents \$120 Non-Residents \$130



Check out  
**LOOSE CANNON GROUP**  
to see our past hits!

This class will involve more complex comedy and acting scripts for young actors with a serious ambition to learn professional acting. No experience necessary, but the ability to focus is a plus. This class also supports those interested in writing their own scripts, using the camera, editing and animation. Everyone receives a DVD of the finished movie.

### MOMMY & ME BOOT CAMP

**Instructor:** Cindi Krops & Caitlin Horstman

**TUESDAY MORNING CLASSES 9:30 A.M. - 10:30 A.M.**

**Program 1:** Tuesdays, September 10 - October 29

**Program 2:** Tuesdays, November 12 - January 7 (No class 12/24 & 12/31)

**Program 3:** Tuesdays, January 28 - March 24 (No Class 2/18)

**THURSDAY MORNING CLASSES 9:30 A.M. - 10:30 A.M.**

**Program 1:** Thursdays, September 12 - October 31

**Program 2:** Thursdays, November 14 - January 9 (No class 11/28 & 12/26)

**Program 3:** Thursdays, January 30 - March 26 (No Class 2/20)

**Place:** Red Creek Park Activity Center, 102 Old Riverhead Rd, Hampton Bays

**Fee:** Residents \$50 Non-Residents \$60

Join this great group physical training class for all moms. Workout while your kids make friends and have fun too! Prenatal, postnatal, and moms with older children will enjoy this program that integrates intervals, free weights, resistance bands and lots of body movements. This program is fun, functional and effective.

## PARKS & RECREATION PROGRAMS

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### AEROBICS TONE & STRETCH

**Instructor:** Heather Rollo

**Program 1:** Tuesdays, September 10 - October 29

**Program 2:** Tuesdays, November 12 - January 14 (no class 12/24 & 12/31)

**Program 3:** Tuesdays, January 28 - March 24 (no class 2/18)

**Time:** 8:30 a.m. - 9:30 a.m.

**Place:** Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

**Fee:** Resident \$48 Non-Residents \$58

This program combines it all! Aerobics for cardio health, weights for building muscles and stretching to cool down and increase flexibility.

### BASIC CONDITIONING

**Instructor:** Maureen Lerch of World Class Fitness

**FRIDAY MORNING CLASSES 8:00 A.M. - 9:00 A.M.**

**Program 1:** Fridays, September 13 - October 25 (no class 9/27)

**Program 3:** Fridays, November 8 - December 20 (no class 11/29)

**FRIDAY MORNING CLASSES 10:00 A.M. - 11:00 A.M.**

**Program 2:** Fridays, September 13 - October 25 (no class 9/27)

**Program 4:** Fridays, November 8 - December 20 (no class 11/29)

**Place:** Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

**Fee:** Residents \$35 Non-Residents \$45

Total body conditioning using weights and your body's own resistance. Tighten and tone major muscle groups and problem areas. This class is designed for beginners as well as experienced exercisers.

### CONDITIONING, CORE & MUCH MORE

**Instructor:** Patty Tuzzolo of World Class Fitness

**Program 1:** Saturdays, September 14 - November 2

**Program 2:** Saturdays, November 16 - January 18  
(no class 11/23, 12/28 & 1/4)

**Program 3:** Saturdays, February 8 - March 21 (no class 2/29)

**Time:** 8:00 a.m. - 9:00 a.m.

**Place:** Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

**Fee:** Residents \$48 Non-Residents \$58

This total body workout class will strengthen all muscles, including your heart.

## DANCE MEDLEY

**Instructor:** Maureen Lerch of World Class Fitness  
**Program 1:** **Thursdays, September 12 - October 24 (no class 9/26)**  
**Program 2:** **Thursdays, November 7 - December 19 (no class 11/28)**

**Time:** 10:00 a.m. - 11:00 a.m.  
**Place:** Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays  
**Fee:** Residents \$35          Non-Residents \$45

This dance exercise workout includes Latin dance to line dance and lots in-between. Learn easy to follow low impact steps and have fun dancing to a variety of music styles.

## GUTTS, BUTTS & INTERVAL

**Instructor:** Heather Rollo  
**Program 1:** **Wednesdays, September 11- October 30**  
**Program 2:** **Wednesdays, November 13 - January 15 (no class 12/25 & 1/1)**  
**Program 3:** **Wednesdays, January 29 - March 25 (no class on 2/19)**  
**Time:** 6:30 p.m. - 7:15 p.m.  
**Place:** Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays  
**Fee:** Residents \$48          Non-Residents \$58

This is a 45 minute quick cardio session geared to raise your heart rate, burn calories and tone. **All Levels Welcome.**



## PARKS & RECREATION PROGRAMS

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### INTRODUCTION TO PILATES & STRETCH

**Instructor :** Heather Rollo

**Program 1:** Mondays, September 9 - October 28

**Program 2:** Mondays, November 11 - December 30

**Program 3:** Mondays, January 27 - March 23 (no class on 2/17)

**Time:** 6:30 p.m. - 7:15 p.m.

**Place:** Lodge at Squiretown Park  
62 Red Creek Rd., Hampton Bays

**Fee:** Residents \$48  
Non-Residents \$58

This class will provide an introduction to a full body exercise program. You will improve balance and flexibility as well as strengthen the core muscles of the abs and lower back. **All Levels Welcome.**



### INTRODUCTION TO YOGA

**NOVICE LEVEL CLASSES! ALL AGES WELCOME!**

**Instructor:** Heather Rollo

**Program 1:** Mondays, September 9 - October 28

**Program 2:** Mondays, November 11 - December 30

**Program 3:** Mondays, January 27 - March 23 (no class on 2/17)

**Program 4:** Wednesdays, September 11 - October 30

**Program 5:** Wednesdays, November 13 - January 14 (no class 12/25 & 1/1)

**Program 6:** Wednesdays, January 29 - March 25 (no class on 2/19)

**Time:** 7:15 p.m. - 8:15 p.m.

**Place:** Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

**Fee:** Residents \$48 Non-Residents \$58

If you've never taken yoga before and are a bit intimidated or afraid you may not be flexible enough - here's the opportunity you've been looking for! Work at your own pace learning basic moves, slowly and comfortably, leading to increased flexibility, balance, and strength. Bring a mat, towel & comfortable clothing.

## NOT JUST WEIGHTS

- Instructor:** Patty Tuzzolo of World Class Fitness
- Program 1:** Mondays, September 9 - October 28
- Program 2:** Mondays, November 11 - January 13  
(no class 11/18, 12/23 & 12/30)
- Program 3:** Mondays, February 3 - March 16 (no class on 2/24)
- Time:** 9:15 a.m. - 10:00 a.m.
- Place:** Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays
- Fee:** Residents \$48      Non-Residents \$58

This sculpt class will tighten and strengthen the core area, improve balance and flexibility while working on glutes, hips, abs, back and more. Exercises will include the use of bars, balls and your body's own resistance... not just weights.

## PILATES MAT WORKOUT

- Instructor:** Maureen Lerch of World Class Fitness
- WEDNESDAY MORNING CLASSES 9:00 A.M. - 10:00 A.M.**
- Program 1:** Wednesdays, September 11- October 23 (no class 9/25)
- Program 3:** Wednesdays, November 6 - December 18 (no class 11/27)
- FRIDAY MORNING CLASSES 9:00 A.M. - 10:00 A.M.**
- Program 2:** Fridays, September 13 - October 25 (no class 9/27)
- Program 4:** Fridays, November 8 - December 20 (no class 11/29)
- Place:** Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays
- Fee:** Residents \$35 Non-Residents \$45

Pilates uses non-aerobic floor exercises done on a mat to work the deep stabilizer muscles of the spine and the abdominal as well as the hip, shoulders, flexors and extensors to improve core strength and enhance overall muscle tone.



## PARKS & RECREATION PROGRAMS

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### SUSPENSION BAND WORKOUT

**Instructor:** Maureen Lerch of World Class Fitness

**Program 1:** Thursdays, September 12 - October 24 (no class 9/26)

**Program 2:** Thursdays, November 7 - December 19 (no class 11/28)

**Time:** 9:00 a.m. - 9:45 a.m.

**Place:** Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

**Fee:** Residents \$35      Non-Residents \$45

Various body weight exercises are done on the suspension system (we will not be hanging or swinging from the system) to simultaneously develop strength, balance, flexibility and core stability. Suspension delivers a fast effective total body workout. All exercises can be modified for all fitness levels.

### TRIGGERPOINT STRETCH & RELEASE

**Instructor:** Heather Rollo

**Program 1:** Tuesdays, September 10 - October 29

**Program 2:** Tuesdays, November 12 - January 14 (no class 12/24 & 12/31)

**Program 3:** Tuesdays, January 28 - March 24 (no class 2/18)

**Time:** 9:30 a.m. - 10:30 a.m.

**Place:** Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

**Fee:** Residents \$48      Non-Residents \$58

Tone your core muscles to increase balance and overall strength. This class will end with a stretch to increase muscle flexibility. All levels welcome!

**Wear loose comfortable clothing.**





## PARKS & RECREATION PROGRAMS

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### YOGALATES

**Instructor:** Adam Baranello of A & G Dance Company

**Place:** Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

**Fee per program:** Residents \$65 Non-Residents \$75

**Time:** 7:30 p.m. - 8:30 p.m.

**Ages:** Teens - Adult

**Program 1:** Thursdays, September 12 - October 24

**Program 2:** Thursdays, November 7 - January 16

(No Class 11/28, 12/5, 12/26 & 1/2)

**Program 3:** Thursdays, January 30 - March 19 (No Class 2/20)

A perfect blend of Yoga & Pilates to leave you feeling relaxed yet rejuvenated. Bring a mat.

### YOGA FOR YOU

**Instructor:** Ann Harmon, certified Yoga Instructor

**Program 1:** Tuesdays, September 3 - October 29 (no class 10/8 & 10/15)

**Program 2:** Tuesdays, November 12 - January 7 (no class 12/24 & 12/31)

**Program 3:** Tuesdays, January 28 - March 17 (no class 2/18)

**Time:** 5:15 p.m. - 6:45 p.m.

**Place:** Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

**Fee:** Resident \$63 Non-Resident \$73

In this class, we will explore ways that yoga can help heal injuries. We will explore alignment in many yoga poses and spend time focusing on breath and meditation. The first hour we will practice various poses, warming up the body and going deeper. The last 15 minutes are focused on breath work, releasing tension and mediation. **Bring a yoga mat, large towel or yoga blanket**

### YOGA MOVES

**Instructor:** Maureen Lerch of World Fitness

**Program 1:** Wednesdays, September 11- October 23 (no class 9/25)

**Program 3:** Wednesdays, November 6 - December 18 (no class 11/27)

**Time:** 10:00 a.m. - 11:00 a.m.

**Place:** Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

**Fee:** Residents \$35 Non-Residents \$45

Relax while strengthening your body in a class that can both introduce you to yoga or enhance your practice. Each class includes instruction in basic Yoga poses and breathing techniques. Standing, seated and balancing postures followed by deep relaxation and gentle guided imagery will help calm your mind while developing muscular strength and improving posture and flexibility.

### SLIP LOTTERY INFORMATION

**Conscience Point Marina - North Sea** - features 20 floating dock slips and 44 bulkhead slips with electric and water, gas and diesel, restrooms w/showers and winter storage options. Maximum vessel size not to exceed 45 feet at bulkhead and 25 feet at floating dock.

**East Quogue Marina - Bay Avenue, East Quogue** - features 10 floating docks, electric and water available away from dock. Public restrooms. Maximum vessel size not to exceed 25 feet.

**Pine Neck Marine Preserve - East Quogue** - features 14 floating docks, electric and water available away from dock. Public restrooms. Maximum vessel size not to exceed 30 feet.

**Requirements:** All new applicants must be Town residents/taxpayers.

**Rates 2020:** Summer contracts are from May 1st - October 31st.  
Pine Neck Marine Preserve contract is from April 15th - November 15th.  
Conscience Point - \$130 per ft. + \$200 for electric hook up  
East Quogue Marina - \$100 per ft.  
Pine Neck Marine Preserve - \$100 per ft.

All applications for the lottery to fill available slips will be accepted between December 1, 2019 and February 1, 2020. A lottery will be conducted the third week of February if necessary. Applications must include a copy of the boat registration as well as proof of Town residency/taxpayer status.

If selected, applicants will be required to make a \$500.00 non-refundable deposit prior to March 15, 2020. Balance will be due prior to April 15, 2020.

Applications should be returned to  
Town of Southampton Parks & Recreation Department  
6 Newtown Road, Hampton Bays, NY 11946

Applications and waitlist information are available on the Town's website [www.southamptontownny.gov](http://www.southamptontownny.gov). Parks & Recreation/Marinas section on the drop down list.

**Information for the Bay Lane Boat Rack - Water Mill (small sailboats/kayaks) can be found at [www.southamptontownny.gov/PARKSREC](http://www.southamptontownny.gov/PARKSREC).**

## PARKS & RECREATION PROGRAMS

(631) 728-8585 WWW.SOUTHAMPTONTOWNNY.GOV/PARKSREC

### NY STATE SAFE BOATING COURSE

This course meets the NYS mandatory education requirements for both personal watercraft operators & young boat operators

**Instructor:** Town of Southampton Bay Constables

**Dates:** Saturday, March 28, 2020

**Time:** 8:00 a.m. - 5:00 p.m.

**Place:** Hampton Bays Senior Center, 25 Ponquogue Avenue

**Age:** 10 years & older (must be 10 yrs old by 4/1/19)

**Fee:** 10 -17 years old FREE, 18 & older \$10 (pay at course)

This comprehensive, interactive course combines group participation, hands-on activities and demonstrations. Topics include: general boating regulations, safety equipment, fire extinguishers, navigational rules, basic seamanship, recreational boating activities & personal watercraft. In order to earn a certificate, participants must complete the workbook assignments & receive 75% or better on exam.

### SAVE TIME WITH ONLINE REGISTRATION

The Town of Southampton Parks & Recreation Department is pleased to offer online registration for our recreation programs. Sign up anytime for your favorite program. In order to register online you need to have an account in our system with a valid email address.

**FOR MORE  
INFORMATION  
OR TO SET UP  
AN ACCOUNT  
PLEASE CALL  
(631) 728-8585**



**[www.southamptonrecreation.net](http://www.southamptonrecreation.net)**

All online registrations will be subject to a 2.5% non-refundable convenience fee.

## PARKS & RECREATION PROGRAMS

(631) 728-8585 [WWW.SOUTHAMPTONTOWNNY.GOV/PARKSREC](http://WWW.SOUTHAMPTONTOWNNY.GOV/PARKSREC)

### SOUTHAMPTON TRAILS PRESERVATION SOCIETY



**FREE to participate in these walks!**

**For additional hikes go to [www.southamptontrails.org](http://www.southamptontrails.org)**

**or [info@southamptontrails.org](mailto:info@southamptontrails.org)**

#### **Saturday, September 21 – Camp Tekawitha**

10:00 a.m. - Noon.

Meet at the parking lot Red Creek Park on Old Riverhead Road, Hampton Bays. Moderately-paced 4 mile hike to the old girl scout camp with beautiful bay views.

**Leader: Jim Crawford 631-481-6228**

#### **Saturday, September 28 – Tree Identification Hike**

10:00 a.m. - Noon.

Meet at the LPG Nature Center, 1061 Bridgehampton/Sag Harbor Turnpike. Join **Friends of the Long Pond Greenbelt** for a moderately-paced 3 mile hike Along the William Sickles Tree ID Trail with views of Crooked Pond, Deer Drink and Long Pond.

**Leader: Arborist, Jack Dodds 631- 745-0689**

#### **Saturday, October 12 – Long Pond Greenbelt Celebration**

10:00 a.m. - 1:00 p.m.

Meet at Vineyard Field behind SOFO Museum, 377 Bridgehampton Tpke. Enjoy guided trail walks, crafts, and a variety of activities provided by local environmental & community organizations. Be sure to meet the rescue animals of Quogue Wildlife Refuge.

**Leader: Dai Dayton 631-745-0689**

#### **Saturday, October 26 – Whiskey Hill**

10:00 a.m. - 11:00 a.m.

Meet on Mill Path off Loper's Path (heading east) Bridgehampton. Moderately-paced, 1.7 mile hike with ocean views from top of moraine with kettlehole ponds an enormous glacial erratic along the way.

**Leader: Doreen Johnston 516-994-5947**

#### **Saturday, November 23 – Clam Island, View from the Other Side**

10:00 a.m. - 11:00 a.m.

Meet at the end of Noyack Bay Avenue, Sag Harbor. Moderately-paced 2 mile beach hike with bay views of Jessup's Neck.

**Leader: Doreen Johnston 516-994-5947**

## PARKS & RECREATION PROGRAMS

(631) 728-8585 [WWW.SOUTHAMPTONTOWNNY.GOV/PARKSREC](http://WWW.SOUTHAMPTONTOWNNY.GOV/PARKSREC)

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### SOUTHAMPTON TRAILS PRESERVATION SOCIETY

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**or [info@southamptontrails.org](mailto:info@southamptontrails.org)**



#### **Friday, November 29 – Annual Walk-It Off**

10:00 a.m. - Noon.

Meet at the end of Round Pond Lane, Sag Harbor for a fast-paced 3 mile hike to shed that Thanksgiving stuffing. Amazing views of Round Pond, Long Pond and Little Long Pond!

**Leader: Dai Dayton 631-745-0689**

#### **Sunday, December 15 – Grassland to Grassland Hike**

10:00 a.m. - 11:30 a.m.

Meet at Poxabogue Park south of the railroad trestle on Old Farm Road in Bridgehampton. Join **Friends of the Long Pond Greenbelt** on a moderately-paced 2 mile hike from the Vineyard Field to the grasslands of Poxabogue County Park.

**Leader: Dai Dayton 631-745-0689**

#### **Saturday, December 21 – Whiskey Hill**

10:00 a.m. - 11:00 a.m.

Meet on Mill Path off Loper's Path (heading east) Bridgehampton. Moderately-paced, 1.7 mile hike with ocean views from top of moraine with kettlehole ponds an enormous glacial erratic along the way.

**Leader: Doreen Johnston 516-994-5947**





## **SOUTHAMPTON TOWN RECREATION CENTER**

1370A Majors Path, Southampton, NY 11968

(631) 287-1511 [www.sysinc.org](http://www.sysinc.org)

### **BASKETBALL CLINICS**

**Session 1:** Saturdays 9/14 - 11/16

**Session 2:** Saturdays 12/7 - 2/29 (No clinic on 12/28, 1/4 & 2/22)

**Session 3:** Saturdays 3/7 - 5/16 (No clinic on 4/11)

**Ages:** 7 - 11 yrs, 9:00 a.m. - 10:00 a.m. , 4 - 6 yrs, 10:15 a.m. - 11:00 a.m.

**Fees:** \$175 per session, \$25 drop in

**Session 1:** Wednesdays 9/18 - 11/13 (No clinic on 10/9)

**Grades 3 and 4:** 5:00 p.m. - 5:45 p.m.

**Grades 5 and 6:** 6:00 p.m. - 7:00 p.m.

**Fees:** \$125 per session, \$25 drop in

### **DANCE CLASSES WITH JOY DANCE ACADEMY**

17 classes to choose from! Ballet, Tap, Modern, Musical Theater, Jazz and Hip Hop.

Ages 3 and up! Classes run September to May with a dance recital in May 2020.

**Class Fee for Full Year:** \$420 - 30 minute class, \$460 - 45 minute class

visit [www.sysinc.org](http://www.sysinc.org) or [joydanceacademy.com](http://joydanceacademy.com) for times and class descriptions.

### **FENCING AND ARCHERY**

**Session 1:** Thursdays 9/19 - 10/24

**Session 2:** Thursdays 11/7 - 12/19 (No class on 11/28)

**Ages:** 8 - 16 yrs, Archery 5:15 p.m. - 6:15 p.m.

8 - 16 yrs, Fencing 6:15 p.m. - 7:30 p.m.

**Session 3:** Sundays 9/15 - 10/20

**Session 4:** Sundays 11/3 - 12/15 (No class on 12/1)

**Ages:** 8 - 16 yrs, Archery 10:00 a.m. - 11:00 a.m.

8 - 16 yrs, Fencing 11:00 a.m. - 12:15 p.m.

**Fees:** Archery \$150 per session, Fencing \$180 per session

### **FLAG FOOTBALL LEAGUE**

**Registration and Try-Out dates:** Sunday 9/15 and 9/22

3rd/4th grades: 11:00 a.m. 5th/6th grades: 12:00 p.m. 7th/8th grades: 1:00 p.m.

**Fees:** \$85 per player

### **JUMP BUNCH**

**Session 1:** Mondays 9/30 - 11/18 (No clinic on 10/14 & 11/11)

**Ages:** 3 - 4 yrs, Multi-Sport 3:00 p.m. - 3:45 p.m.

4 - 6 yrs, Lacrosse 4:00 p.m. - 5:00 p.m.

**Fees:** \$100 per session, \$25 drop in



## **SOUTHAMPTON TOWN RECREATION CENTER**

1370A Majors Path, Southampton, NY 11968

(631) 287-1511 [www.sysinc.org](http://www.sysinc.org)

### **GUITAR AND UKULELE LESSONS**

**Session 1:** Thursdays 9/19 - 10/24

**Ages:** 7 - 12 yrs, Ukulele 4:30 p.m. - 5:15 p.m.

7 - 9 yrs, Guitar 5:15 p.m. - 6:00 p.m.

10-12 yrs, Guitar 6:00 p.m. - 6:45 p.m.

**Session 1:** Saturdays 9/14 - 10/19

**Ages:** 7 - 12 yrs, Ukulele 9:30 a.m. - 10:15 a.m.

7 - 9 yrs, Guitar 10:15 a.m. - 11:00 a.m.

10 - 12 yrs, Guitar 11:00 a.m. - 11:45 a.m.

**Fees:** \$90 per session

### **KARATE CLASSES**

For information on rates, please visit our website [www.sysinc.org](http://www.sysinc.org)

**Session 1:** 9/12 - 10/3 **Fees:** \$129 per session

**Mondays & Wednesdays:** **Time:** 4:30 p.m. - 5:30 p.m. Beginners 5+

5:30 p.m. - 6:30 p.m. Intermediate & Adult

6:30 p.m. - 7:30 p.m. Adult (All Levels)

**Thursdays:** **Time:** 3:30 p.m. - 4:15 p.m. Little Ninjas 3-5

**Saturdays (year round):** **Time:** 9:00 a.m. - 10:00 a.m. Beginners 5+

10:30 a.m. - 11:00 a.m. General (All Levels)

### **SQUASH CAMPS**

**Ages:** 6 - 9 yrs, Mondays 5:00 p.m. - 6:00 p.m.

12 - 15 yrs, Wednesdays 4:00 p.m. - 5:00 p.m.

7- 11 yrs, Wednesdays 5:00 p.m. - 6:00 p.m.

7- 11 yrs, Saturdays 9:00 a.m. - 10:00 a.m.

12 - 15 yrs, Saturdays 10:00 a.m. - 11:00 a.m.

**Fees:** \$80 for 4 clinics, \$25 drop in

### **SUPER SOCCER STARS**

**Session 1:** Saturdays 9/14 - 11/16

**Ages:** 12 - 24 months, 9:00 a.m. - 9:40 a.m.

**Session 2:** Saturdays 12/7 - 2/29

2 - 3 yrs, 9:50 a.m. - 10:30 a.m.

(No clinic on 12/28, 1/4 & 2/22)

3 - 4 1/2 yrs, 9:00 a.m. - 9:45 a.m.

**Session 3:** Saturdays 3/7 - 5/16

4 1/2 - 5 yrs, 9:50 a.m. - 10:40 a.m.

(No clinic on 4/11)

5 - 8 yrs, 10:45 a.m. - 11:40 a.m.

**Fees:** \$175 per session, \$25 drop in

9 - 12 yrs, 10:45 a.m. - 11:45 a.m.

### SENIOR CENTERS

Meals are provided in the bright and cheerful setting of our own facilities. Many social, cultural, educational and recreation opportunities are offered at our centers. Additionally, an appealing nutritionally balanced meal is served daily at noontime for \$3.50. Round trip transportation is available. Computers available for your use at all 3 centers.

### HOME DELIVERED MEALS

**Meals can also be provided on a temporary or long-term basis 5 days per week for Homebound Seniors for a suggested contribution of \$3.50**

#### Location of Town Community Centers

Bridgehampton - 585 Sag Harbor Turnpike (631) 537-3027

Hampton Bays - 25 Ponquogue Avenue (631) 728-1235

Flanders - 655 Flanders Rd (631) 702-2375

**Days & Time:** Monday - Friday 8:00 a.m. - 4:00 p.m.

Shinnecock Indian Reservation - Church Road (631) 283-0106

**Days & Time:** Monday - Friday 11:30 a.m. - 1:30 p.m.

### SENIOR SHUTTLE

The Town of Southampton Essential Services/Handicapped Transportation Program is designed to aid homebound persons and non-driving residents of the township with transportation to & from such basic essential services as shopping, banking, non-emergency medical visits, visits to governmental agencies, and hospital visitation of a sick spouse. Advance reservations are required. Suggested contribution \$3.00 one way or \$4.00 round trip. **For further information, call the Shuttle office (631) 728-1110, weekdays, 8:30 a.m. to 4:00 p.m.**







## COMMODITY SUPPLEMENTAL FOOD PROGRAM

**Location:** Bishop Ryan Village, Hampton Bays

**Dates:** Tuesdays, October 15, November 19, December 17, January 21, February 18 and March 17

**Time:** 9:30 a.m. - 11:00 a.m.

CSFP formally Fan Food is for seniors who meet an income criteria (\$1307 for a single person; \$1760 per couple). It provides a monthly allotment of food including canned fruits, juices, vegetables, cereal, pasta, canned fish and meats. Transportation can be provided. **Please call (631) 728-1235 for further information.**

## EXPANDED IN-HOME SERVICES FOR ELDERLY PROGRAM & HELPING HANDS PROGRAM

Southampton Town provides services through the Catholic Health Services of Long Island. These are programs that provide services for seniors who need assistance with cleaning, shopping, laundry, errands and friendly visiting.

**For more information please call (631) 728-1235 or (631) 887-7031**

## ARE YOU OKAY?

A daily telephone reassurance to confirm all is well for seniors living alone or disabled. This program features a daily telephone call to subscribers at the same time each day, seven days a week-365 days a year.

**Call (631) 728-1235 for more information and application.**

## ADULT DAY CARE PROGRAM

This wonderful program provides companionship and stimulation as well as respite, information, referrals and support groups for caregivers. A continental breakfast and hot lunch are served daily. **Transportation can be provided.**

**Dates:** Monday to Friday

**Time:** 8:00 a.m. to 2:00 p.m.

**Location:** Hampton Bays Senior Center, 25 Ponquogue Avenue

**Fee:** \$55 Daily fee scheduled, \$60 unscheduled,

Pre-paid monthly rates also available, please call center for rates.

Day Care participants include adults who are physically impaired, socially isolated, in need of assistance and personal care, mentally confused, and/or limited in their ability to function independently in the community.

**For more Information call (631) 728-1235**

## SAGE LI HAMPTON BAYS MINGLE

A social group for gay, lesbian, bisexual, transgender seniors and friends.

**Dates:** Second and fourth Thursdays of the month

**Place:** Hampton Bays Senior Center, 25 Ponquogue Avenue

**Time:** 3:00 p.m. - 5:00 p.m.

Dinner is served on the fourth Thursday at 4:30 p.m.

**For more Information call (631) 728-1235**



## **SUPPORT GROUPS FOR CAREGIVERS OF THE ELDERLY**

The following groups provide information, educational skills, and support to families who are caregivers of the elderly in our township.

**LOCATION:** Hampton Bays Senior Center, 25 Ponquogue Ave

### **CAREGIVERS SUPPORT GROUP**

**Dates:** *Last Wednesday of every month* **Time:** 12:00 p.m. - 2:00 p.m.

Lunch will be served at 12:00 p.m. for the group

### **ADULT CHILDREN OF AGING PARENTS SUPPORT GROUP**

**Dates:** *3rd Wednesday of every month* **Time:** 6:00 p.m. - 8:00 p.m.

Family style dinner 6:00 p.m.

### **GRANDPARENTS RAISING GRANDCHILDREN SUPPORT GROUP**

**Dates:** *2nd Wednesday of every month* **Time:** 6:00 p.m. - 8:00 p.m.

Childcare is available, family style dinner 6:00 p.m.

**Please call (631) 728-1235 for further information.**

## **“VIAL OF LIFE” PROGRAM**

The “Vial of Life” program is a free program designed for seniors and individuals with serious medical conditions to provide pertinent medical information to emergency personnel who respond home emergencies. A “Vial of Life” contains the medical history needed by the responding emergency personnel, such as existing medical conditions, allergies and medication currently taken. “Vial of Life” participants complete a Medical Information Form that is placed on the refrigerator. A “Vial of Life” decal is placed on the front door in plain view for emergency personnel to alert them that medical information is located inside the home. **To obtain a packet call (631) 728-1235**

## **COMPUTER/TABLET CLASS**

Jump into the modern day world...it may be scary but it is easy! All of our senior centers have computers set up for you to use. A volunteer at the centers will assist you with the basics, turning on the system, “getting online” and opening your very own email account! And assist you with any other questions you may have.

**Hampton Bays - 2nd & 4th Fridays, 10:00 a.m. - 11:30 a.m. (631) 728-1235**

**Flanders - Tuesdays, 12:45 p.m. - 1:45 p.m. (631) 702-2375**

## KNITTING & CROCHETING CIRCLE

**Time:** 10:00 a.m. - 11:30 a.m.

**Dates:** Tuesdays, October 8 & 22, November 12, & 26, December 10, January 14 & 28, February 11 & 25, March 10 & 24

**Place:** Hampton Bays Senior Center & Bridgehampton Senior Center

**Time:** 10:00 a.m. - 11:30 a.m.

**Dates:** Tuesdays, October 1 & 15, November 19, December 3 & 17, January 7 & 21, February 4 & 18, March 3 & 17

**Place:** Flanders Senior Center

We knit infant caps and blankets for local hospitals and the Stony Brook University Hospital NICU. We are looking for you to share your creative talents and invite you to knit, crochet, quilt or sew a blanket or hat. Your generous gift will envelope a child in worth and love. Please bring your own knitting/crocheting needles and current projects. Yarn will be supplied for small projects.

**Call (631) 728-1235 for more information**

## GAME NIGHT

**Dates:** Fridays, October 18, November 15, December 13, January 24  
February 21 & March 20

**Time:** 4:30 p.m. - 7:00 p.m.

**Place:** Hampton Bays Senior Center

Join us for fun, food and friendship! Once a month we host Game Night! Bring in Your favorite game or play one of ours...board games or card games!

**For more information call (631) 728-1235.**

## COFFEE AND CONVERSATION

**Dates:** Thursdays - Hampton Bays

**Time:** 10:30 a.m.

**Dates:** Tuesdays - Bridgehampton

**Time:** 11:00 a.m.

**Dates:** Fridays - Flanders

**Time:** 10:00 a.m.

We will discuss a different topic every week pertaining to various worldly issues, self-improvement and well being In this group you will develop a support group.

**For more information call (631) 728-1235.**

## **STRETCH & TONE EXERCISE CLASSES**

**All fitness levels welcome!**

**Fee: FREE**

Hampton Bays Senior Center: **Mondays & Fridays** at 10:00 a.m.

Flanders Senior Center: **Wednesdays** at 10:45 a.m.

Bridgehampton Senior Center: **Various**

**check monthly calendar or call center** at 631-537-3027

Exercise can help you take charge of your health and maintain the level of fitness necessary for an active, independent lifestyle!

**For more information call (631) 728-1235.**

## **COUNTRY LINE DANCING GROUP**

**Beginner & Intermediate**

**Location:** Flanders Senior Center

**Fee: FREE**

**Dates:** **Mondays** - 10:00 a.m. with Jean & Linda, 1:00 p.m. with Jean & Maxine

**Dates:** **Last two Fridays of the month**, - 10:30 a.m. with Jean & Linda

**Please Wear Soft-Soled Shoes**

You know you should exercise more, but dread the thought? Country Dancing is the answer!! **Partners are NOT required.** Come and join the fun.

**For more information or to register please call (631) 702-2375.**



## CHAIR YOGA

Hampton Bays Senior Center - **Tuesdays** - 10:30 a.m. - 11:30 a.m.  
**Wednesdays** - 12:45 p.m. - 1:45 p.m.

Flanders Senior Center - **Thursdays** - 10:00 a.m. - 11:00 a.m.  
**Mondays** - 10:00 a.m. - 11:00 a.m.

Bridgehampton Senior Center - **Thursdays** - 10:15 a.m. - 11:00 a.m.

You have nothing to lose and so much to gain! You will benefit from this program in so many ways. Yoga encourages proper breathing, good posture and better balance. It also increases flexibility, strength and circulation. Join our Yoga Instructors for this hour long class and you will begin to see and feel the benefits of chair yoga. **Call (631) 728-1235 for more information or to register.**

## MAH JONGG CLUB

**Date & Time:** **Wednesdays**, 9:00 a.m. - Noon. & 1:00 p.m. - 4:00 p.m.

**Place:** **Hampton Bays Senior Center**

The original Mah Jongg games is a board game for four players somewhat similar to the card game "Gin Rummy", but played with tiles instead of cards. Recently a growing number of people are realizing the intellectual challenge Mah Jongg poses and the beauty and excitement of the game itself. Come and join the fun of the ancient Chinese Tile Game. **No Fee Required.**

**For more information call (631) 728-1235.**

## BINGO

The game of Bingo dates back to the 1500's in Italy. Bingo arrived in the United States in 1929 and was originally referred to as Beano. Today it is as hot as ever. Come and join in the fun.

### **Locations:**

Hampton Bays Senior Center: **Every day except Weds. 12:45 p.m. - 2:30 p.m.**

Flanders Senior Center: **Wednesdays 12:45 p.m. - 2:30 p.m.**

Bridgehampton Senior Center: **Mondays 11:00 a.m. - 11:45 a.m.**

## RESIDENTIAL REPAIR PROGRAM

The Town of Southampton offers a residential repair program for residents age 60 years and over, who are owners or renters. This program provides household assistance with chores that do not require the skills of a licensed craftsman. *This is not an emergency service.*

**You pay for needed materials only. Call (631) 728-1235 for a list of the types of repairs provided & to schedule an appointment with our repairman.**



## BOOK DISCUSSION SERIES

**Dates:** Fridays, October 25, November 22, December 27, January 24, February 28 & March 27

**Place & Time:** Hampton Bays Senior Center - 2:30 p.m. - 4:00 p.m.

**Book Titles:** TBA

Come and join this lively and stimulating book discussion group. Books are generally supplied and there is time for fellowship during which refreshments will be served.

## SHORT STORY DISCUSSION

**Dates:** Every Monday

**Place & Time:** Bridgehampton Center - 10:00 a.m.

Come and join us every Monday for a discussion of a short story.

**Call (631) 728-1235 to register or for more information.**

## AN AFTERNOON AT THE MOVIES

Join us for an afternoon of entertainment! We will indulge in a movie, popcorn and other snacks.

### MOVIES INCLUDE:

**October - "Poms"**

**November - "The Best of Enemies"**

**December - "The Christmas Chronicles"**

**January - "Blue Hawaii"**

**February - "Enough Said"**

**March - "The Quiet Man"**

**Place & Time:** Hampton Bays Center - 12:45 p.m.

**Dates:** Weds. & Thurs., October 2 & 17, November 6 & 21, December 4 & 19, January 8 & 23, February 5 & 20, March 4 & 19

**Place & Time:** Bridgehampton Senior Center - 10:00 a.m.

**Dates:** Wednesdays, October 9, November 13, December 11, January 8, February 12 & March 11

**Place & Time:** Flanders Senior Center - 12:45 p.m.

**Dates:** Thursdays, October 10, November 14, December 12, January 9, February 13 & March 12

**For more information call (631) 728-1235.**

## HAWAIIAN LUAU

Let's get away from the winter blues and celebrate with a Luau!  
Don your best Hawaiian wear. ALOHA!

**Date:** Tuesday, January 21

**Time:** 10:45 a.m.

**Place:** Bridgehampton Senior Center - (631) 537-3027  
Flanders Senior Center - (631) 702-2375  
Hampton Bays Senior Center - (631) 728-1235

**For more information call your local center.**

## MEDITATION & RELAXATION

**Dates:** Mondays

**Time:** 11:15 a.m. - 12:00 noon

**Place:** Hampton Bays Senior Center

**Fee:** \$10

There are thousands upon thousands of studies that have shown mindfulness meditation can positively impact mental and physical health. Whether it's by reducing stress, improving sleep, increasing focus or improving relationships, research shows mindfulness works. Join us for a 45-minute session of meditation.

**For more information call (631) 728-1235.**

## ST. PATRICK'S DAY CELEBRATION WEARING "O" THE GREEN

**Date:** Tuesday, March 17

**Time:** 10:45 a.m.

**Place:** Bridgehampton Senior Center - 631-537-3027  
Flanders Senior Center - 631-702-2375  
Hampton Bays Senior Center - 631-728-1235



The story of Ireland is an ancient tale, older than the pyramids of Egypt and full of more turmoil, upheaval and romance than any daytime drama. On St. Patrick's Day...we are all Irish for the day! Come and join in our festivities including some good Irish songs and pub music. **For more information call your local center.**



## SENIOR SERVICES BUS TRIPS

**Trip Policy:** Payment must be made within one week of your reservation. If payment is not received by that time your name will be taken off the list. Our trips may be physically demanding we cannot guarantee door to door arrivals & departures. If a participant is NOT self-sufficient, a companion needs to travel with them to provide assistance, staff cannot be responsible.

**Cancellations:** Refunds will be given **ONLY** if your reservation can be filled.

## METS VS. ARIZONA DIAMONDBACKS AT CITIFIELD

Take me out to the ball game!! We will be going to see the New York Mets take on the Arizona Diamondbacks at Citifield!

**Date:** Thursday, September 12

**Time:** 1:10 First Pitch

**Cost:** \$68 (Includes transportation, parking, game ticket and a box meal for the way home)

We will be seated in section 135 rows 12-15, under the overhang for shade!

**To register or for more information please call Heather, (631) 728-1235**

## FOXWOODS

**Date:** Friday, September 27

**Bus Departs:** Bridgehampton Senior Center - 7:45 a.m.

Hampton Bays Senior Center - 8:15 a.m.

Flanders Senior Center - 8:30 a.m.

**Depart for home 6:00 p.m.**

**(10:15 a.m. Sea Jet, return on 7:15 p.m.,**

**return home about 9:00 p.m.)**

**Fee:** \$42 (includes bus & ferry transportation and coin back bonus)

Try your luck at the worlds largest casino. Join us for a day at Foxwoods. A rebate package will be offered.

**For more information or to register call Heather (631) 728-1235**

## DINNER & A MOVIE

How about a night out with some friends for good food and a great movie! Join us for dinner at **Sundays on the Bay** and then take in the movie...

**The Aeronauts** Starring Eddie Red Mayne and Felicity Jones

**Date:** Thursday, November 7

**Time:** 5:00 p.m. Dinner, 7:00 p.m. show - bus departures at 4:30 p.m.

**Cost:** \$55 ( Includes dinner & gratuity, movie and transportation)

**Pre-registration required, please call (631) 728-1235**



## SENIOR DINE AND TOUR

Enjoy a beautiful day on the North Fork! We will travel on our shuttle buses and make a few stops along the way. We will make our first stop at the “Candy - man” shop a local favorite. Then we will travel on to Greenport Village and peruse the shops. We will have lunch at **Claudio's**. After lunch we will make a stop at Harbes's Farm Stand for some home grown fruits and veggies! We will finish our day at Briermere Farms for some assorted goodies and sweets!

**Date:** Friday, October 4

**Time:** 9:00 a.m. departure, 12:30 p.m. lunch

**Cost:** \$46

**Pre-registration required, please call (631) 728-1235**

## RADIO CITY MUSIC HALL “CHRISTMAS SPECTACULAR”

Tis the season !! There is nothing like the Radio City Music Hall's Christmas Spectacular starring the world famous Rockettes. Christmas trivia, a movie on the bus and lunch at Buca di Beppo will round out this trip. Join us for this holiday tradition!

**Date:** Wednesday, December 11

**Cost** \$161 (includes Hampton Jitney, Orchestra seating, driver gratuity & lunch)

**Time:** 11:00 a.m. show, 1:15 p.m. lunch at Buca di Beppo

**Bus Departs:** Bridgehampton Senior Center - 9:00 a.m.,  
Hampton Bays Senior Center - 9:30 a.m.  
Flanders Senior Center - 9:45 a.m.



## YOUTH BUREAU PROGRAMS

(631) 702-2425 [WWW.SOUTHAMPTONTOWNNY.GOV/YOUTHBUREAU](http://WWW.SOUTHAMPTONTOWNNY.GOV/YOUTHBUREAU)



### FLANDERS YOUTH CENTER, 655 FLANDERS ROAD, FLANDERS

Our Flanders Youth Center is a fully equipped youth center! Spend time with peers, learn chess, karate, and other skills, get homework help, attend field trips, record and produce music, take part in arts & crafts, and much more! Stop by our center and sign up today! For program times and dates or more information, please call (631) 702-2425 or visit [www.southamptontownny.gov/youthbureau](http://www.southamptontownny.gov/youthbureau) and click on the online calendar of events!

## YOUTH BUREAU PROGRAMS

**Start earning community service credits!**

### MIDDLE & HIGH SCHOOL STUDENTS:

#### YOUTH ADVISORY COMMITTEE

**begins Tuesday, September 24th**

Work with peers to provide events & service projects.

#### ACT TWO

**begins Thursday, September 26th**

Teen Theater solving teen problems.

### HIGH SCHOOL STUDENTS:

#### YOUTH BOARD

**First Meeting on Wednesday, October 2nd**

**6:30pm at Southampton Town Hall**

Work with Town officials to improve youth services.

#### TEEN LEADERS CARE

**begins Tuesday, October 8th**

Be a mentor to youth with disabilities.

#### YOUTH & GOVERNMENT

**begins Wednesday, October 16th**

Model government - Learn how government works!

#### YOUTH COURT

**begins Monday, October 21st**

Real court hearing cases of youth offenders.

A graphic with the text "YOUTH ADVISORY COMMITTEE" in a bold, sans-serif font. The word "YOUTH" is at the top, "ADVISORY" is in the middle, and "COMMITTEE" is at the bottom, all in white text on a dark background.

A graphic with the text "ACT TWO" in large, bold, black letters, and "TEEN COMMUNITY THEATER" in smaller, bold, black letters below it. The background is white with a dark border.

A graphic with the text "YOUTH COURT" in large, bold, black letters. The background is white with a dark border.

A graphic with the text "YOUTH &amp; GOVERNMENT" in bold, black letters. There is a small image of a group of people in the top right corner. The background is white with a dark border.

A graphic with the text "TEEN LEADERS CARE" in large, bold, black letters. The word "CARE" is partially obscured by a puzzle piece graphic. At the bottom right, it says "SPONSORED BY: Flaming Point Foundation for Autism". The background is white with a dark border.

## UPCOMING EVENTS

The Southampton Youth Bureau sponsors many events during the school year. Check out what's happening for the Fall & Winter! For a complete listing, please visit [www.southamptontownny.gov/youthbureau](http://www.southamptontownny.gov/youthbureau) and click on the online calendar of events.

### DATES

**Friday, September 27th**

**Friday, October 4th**

**Monday, November 11th**

**Friday, November 15th**

**Friday, December 6th**

**Saturday, January 25th**

### EVENTS

**OPEN MIC NIGHT**  
at Hampton Coffee Company  
in Southampton

**ESCAPE ROOM  
& OPEN GYM NIGHT**  
at SYS in Southampton

**EXTREME REC DAY AT SYS**  
in Southampton

**OPEN MIC NIGHT**  
at Hampton Coffee Company  
in Southampton

**LIGHTS OUT! GLOW NIGHT**  
at SYS

**SKI & SNOWBOARD TRIP**



## BE ON THE LOOKOUT FOR MORE UPCOMING EVENTS IN WINTER 2020!

Hamptons Got Talent • 3 on 3 Basketball Tournament • Open Mic Nights  
Battle of the Bands • Creative Arts Contest • Video Game Tournament

## RED CREEK SKATEPARK HOURS

**SEPTEMBER - MAY**, Weekdays 3:00 p.m. - 7:00 p.m., Saturday & Sundays 12:00 p.m. -7:00 p.m.

Closed Tuesdays, Wednesdays & during inclement weather.

**THE SKATE PARK WILL BE CLOSED FOR THE MONTHS OF JANUARY & FEBRUARY**

All Skate park users must wear an ANSI or SNELL approved helmet, knee pads & elbow pads.

Daily Fee \$5 or Membership \$40, family rates available. 2019 Skate park Memberships expire March 1, 2020.



### TOWN OF SOUTHAMPTON PARKS & RECREATION DEPARTMENT

6 Newtown Road, Hampton Bays, NY 11946

Phone: (631) 728-8585 Fax: (631) 728-8525

[www.southamptontownny.gov/PARKSREC](http://www.southamptontownny.gov/PARKSREC)

#### TOWN BOARD

Jay Schneiderman, Supervisor

John Bouvier, Councilman

Julie Lofstad, Councilwoman

Christine P. Scalera, Councilwoman

Tommy John Schiavoni, Councilman

#### TOWN CLERK

Sundy A. Schermeyer

#### PARKS & RECREATION DEPARTMENT

Kristen Doulos, Town Parks Director

**Or Current Resident**

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